



Estimated Daily Steps

Activities	<i>Sample</i>	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Car to desk and back 540							
	4 flights of stairs 112							
	Walked interior building perimeter 4 laps 560							
	Brisk 15 min. walk 1,500 (at lunch)							
	4 flights of stairs 112							
	Walked building perimeter 4 times 560							
Total	3,384							